

DINNERLY



Seared Smoky Chicken Tenders with Creamy Coconut and Tomato Pasta



25 minutes



2 Servings

There's nothing better than creamy pasta to beat the cold-weather blues. Simmer coconut milk and tomato with smoky barbecue spices to make a silky sauce, toss with penne and then top with chicken tenders.

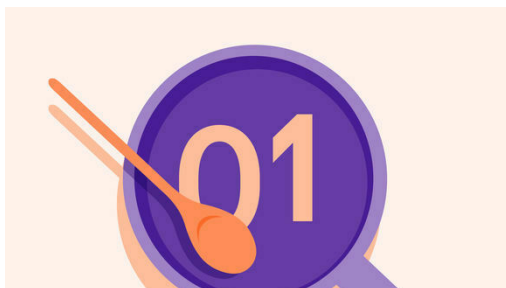
- 1 spring onion
- 2 tomatoes
- 10g smoky barbecue seasoning ¹⁷
- free-range chicken tenderloins
- 200g penne pasta ¹
- 200ml coconut milk

- 2 garlic cloves
- 1½ tbs olive oil
- 2 tbs tomato paste

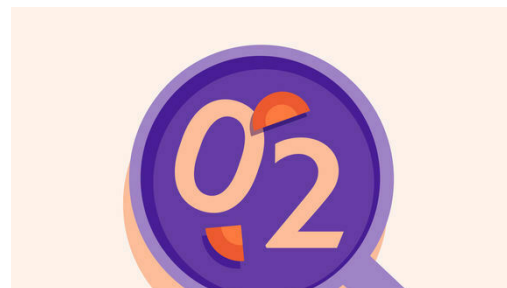
- medium saucepan
- medium deep frypan

Gluten (1), Sulphites (17). May contain traces of other allergens.

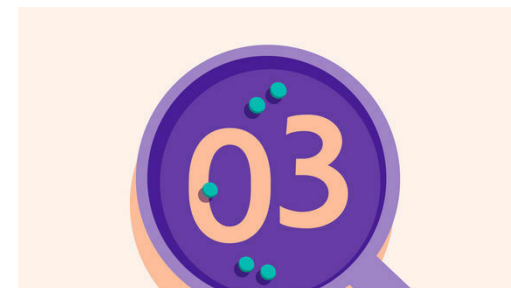
Energy 880kcal, Fat 34.4g, Carbs 83.3g,
Proteins 49.4g



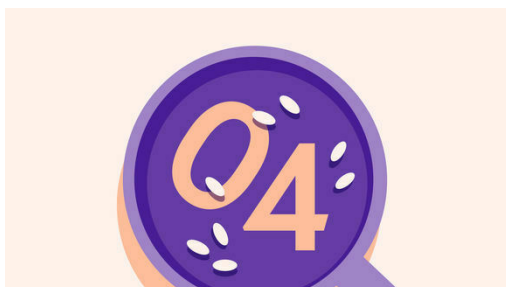
Bring a medium saucepan of salted water to the boil for the pasta. Thinly slice the **spring onion**, keeping the white and green parts separate. Finely chop the **tomatoes**. Crush or finely chop **2 garlic cloves**. Combine **half the barbecue seasoning** and **1 tbs olive oil** in a large bowl. Add the **chicken**, season with **salt and pepper** and toss to coat.



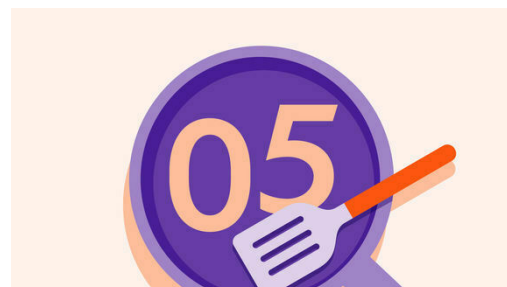
Cook the **pasta** in the pan of boiling water for 10 mins or until al dente. Drain. Meanwhile, heat a medium deep frypan over medium-high heat (see Kitchen 101). Cook the **chicken** for 3-4 mins each side until browned and cooked through. Remove from the pan and cover to keep warm.



Heat **2 tsp olive oil** in the same pan over medium heat. Cook the **tomato, garlic** and **white part of the spring onion**, stirring, for 3 mins or until softened. Add the **remaining barbecue seasoning** and **2 tbs tomato paste** and cook, stirring, for 1 min or until combined.



Add the **coconut milk** to the tomato mixture and bring to a simmer. Reduce the heat to low and cook, stirring, for 5 mins or until thickened. Add the **pasta** to the sauce and toss to combine. Taste, then season with **salt and pepper**. Remove the pan from the heat.



Divide the **pasta** and **chicken** among bowls.
Scatter over the **remaining spring onion** and
enjoy!



To save on washing up, we've used the same pan to cook the chicken and sauce. You'll need to keep the chicken warm while you cook the sauce – or feel free to grab another frypan from the cupboard and start on the sauce while the chicken is cooking.



Packed in Australia
from at least 75%
Australian ingredient.